

# Demeter

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 leg extensions



10 side leg extensions



10 glute flex



10 bridges



10 half wipers



10 V-extensions

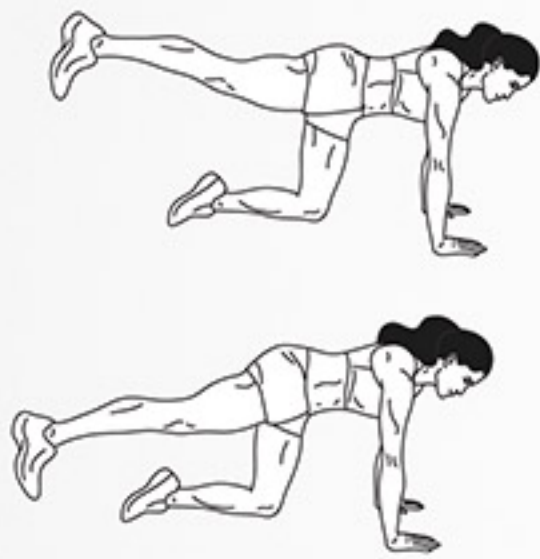


10 clamshells

# Early Bird

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



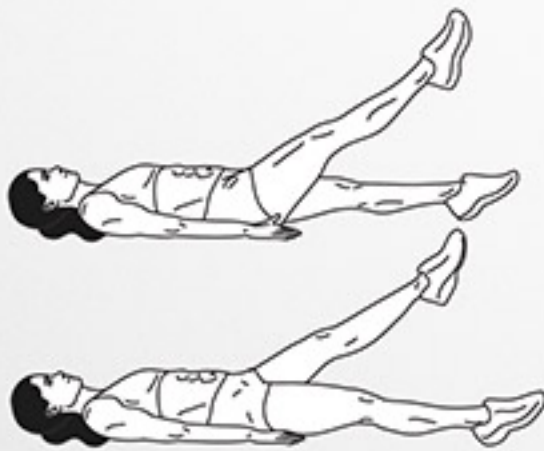
**20** leg swings



**4** upward downward dog



**20** bridges



**20** flutter kicks



**4** sitting twists



**20** side leg raises

# GOBLIN MODE

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 bridges



10-count hold



10 dead bug



10 knee rolls



10-count stretch hold



# HEALTH POTION

**FULL STRENGTH**

DAREBEE  
WORKOUT  
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



10 bridges



20 side leg raises



10 flutter kicks



20 alt arm / leg raises



10 superman extensions

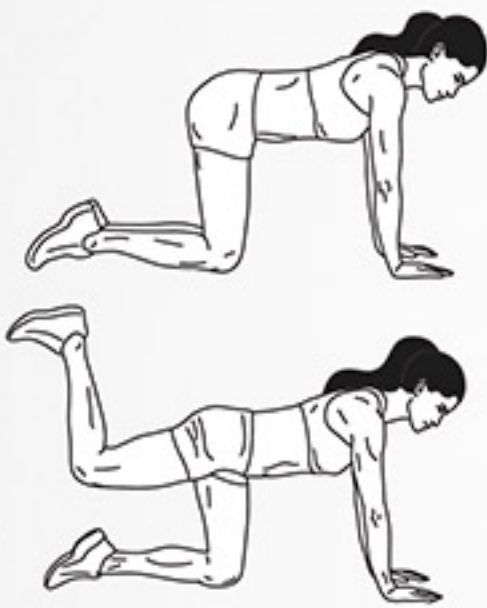


10 prone reverse flies

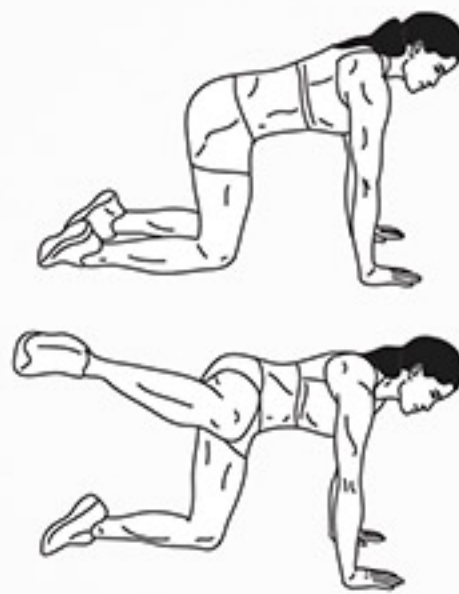
# killer legs

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

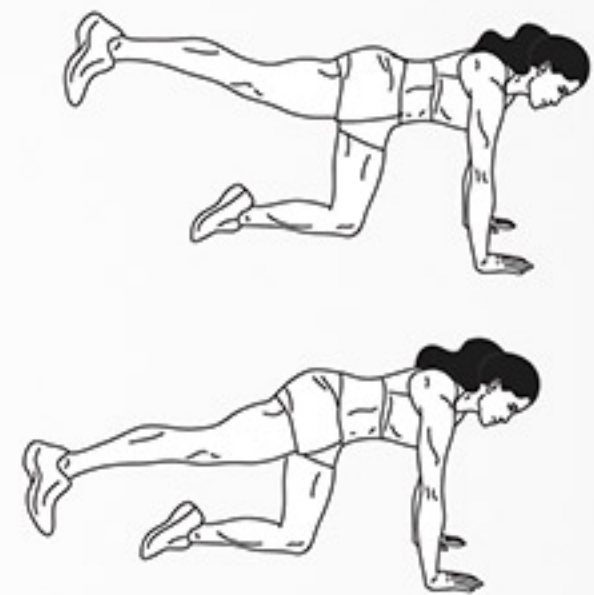
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**40** leg extensions



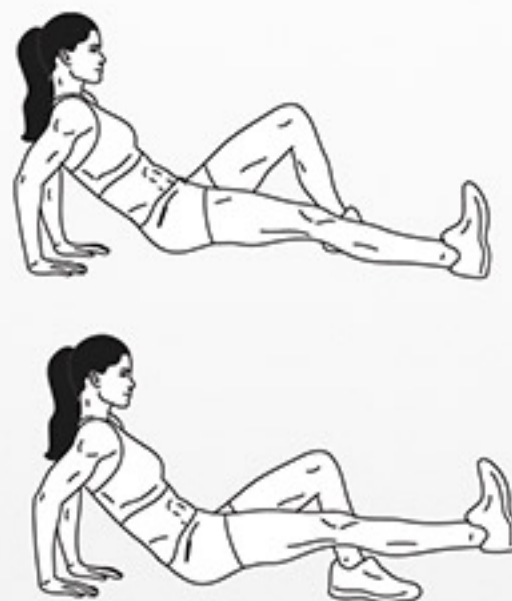
**40** side leg lifts



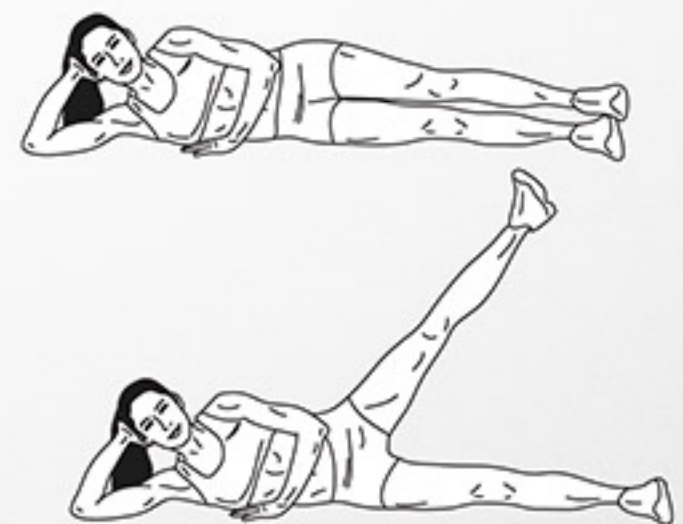
**40** plank leg swings



**40** single leg bridges



**40** single leg swings



**40** side leg raises

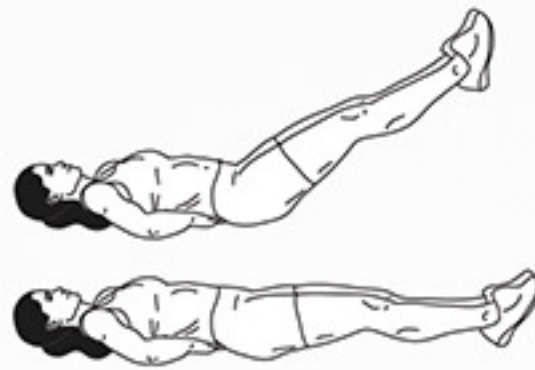
# this is the new me

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** bridges



**10** leg raises



**10** bridges



**10** crunches



**10** sitting twists



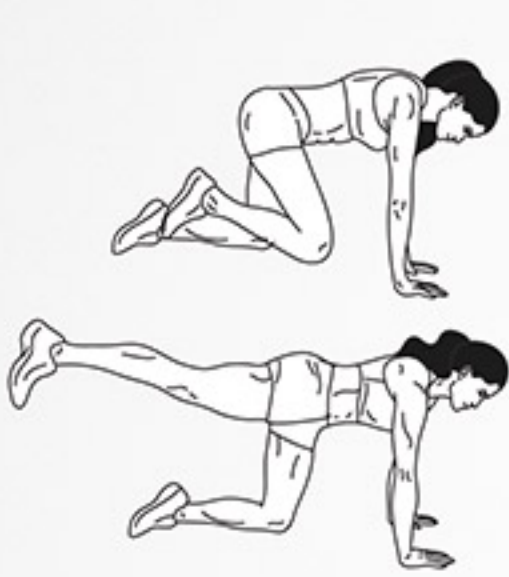
**10** crunches



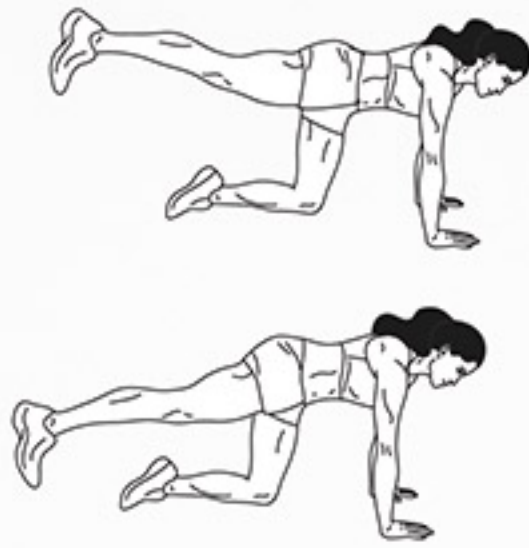
**10** butterfly dips

# peach

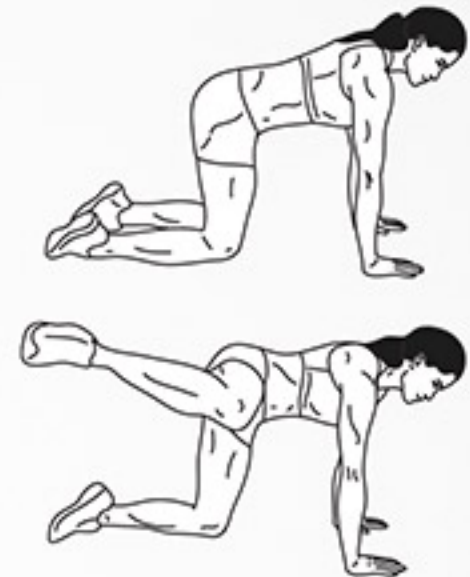
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



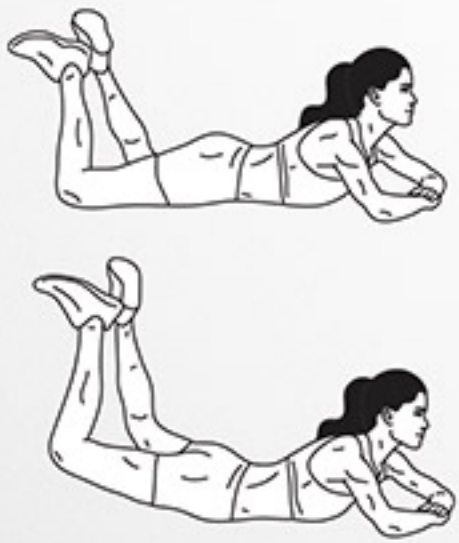
**30** leg extensions  
**2 sets in total**  
30 sec rest in between



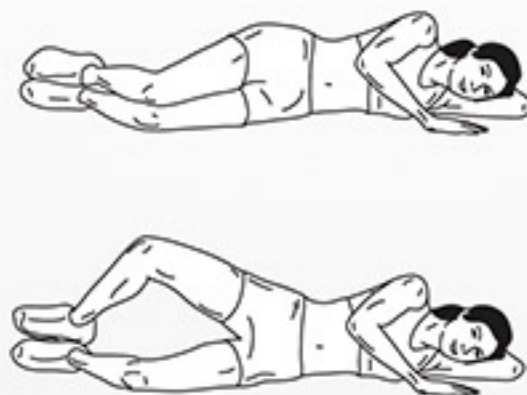
**30** leg swings  
**2 sets in total**  
30 sec rest in between



**10** side leg extensions  
**2 sets in total**  
30 sec rest in between



**10** glute flex  
**2 sets in total**  
30 sec rest in between



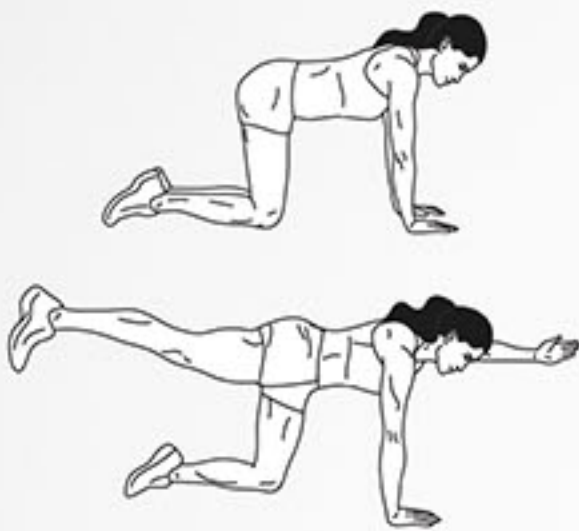
**10** clamshells  
**2 sets in total**  
30 sec rest in between



**10** V leg extensions  
**2 sets in total**  
30 sec rest in between

# postpartum

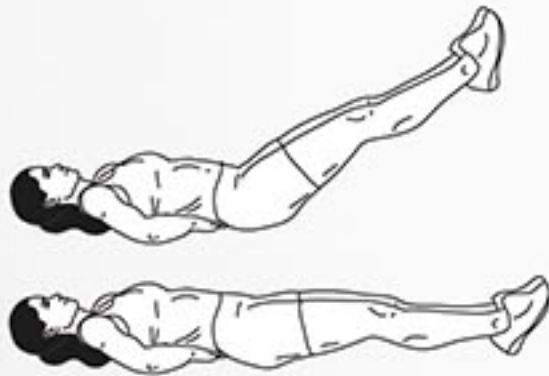
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**14** alt arm / leg raises  
x **4 sets** in total  
20 seconds rest  
between sets



**7** glute flex  
x **4 sets** in total  
20 seconds rest  
between sets



**7** leg raises  
x **4 sets** in total  
20 seconds rest  
between sets



**14** bridges  
x **4 sets** in total  
20 seconds rest  
between sets



**14** side bridges  
x **4 sets** in total  
20 seconds rest  
between sets

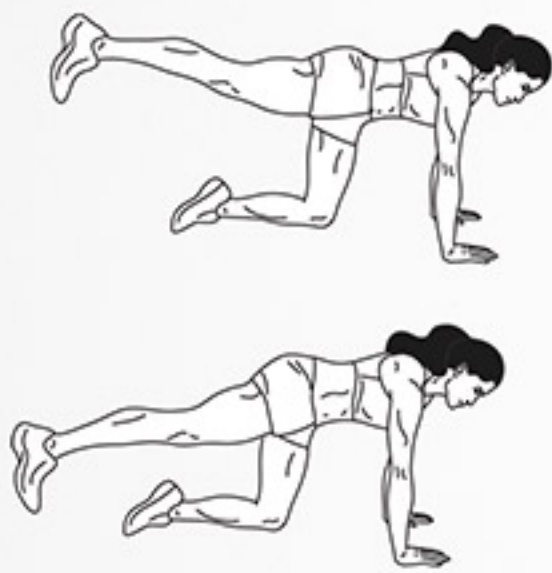


**14** clamshells  
x **4 sets** in total  
20 seconds rest  
between sets

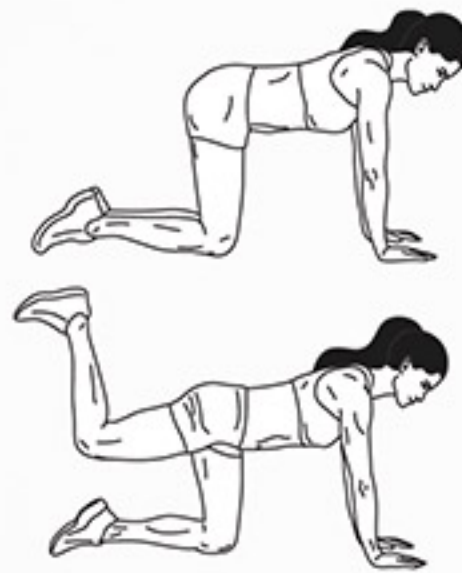


# PRETTY LITTLE MONSTER

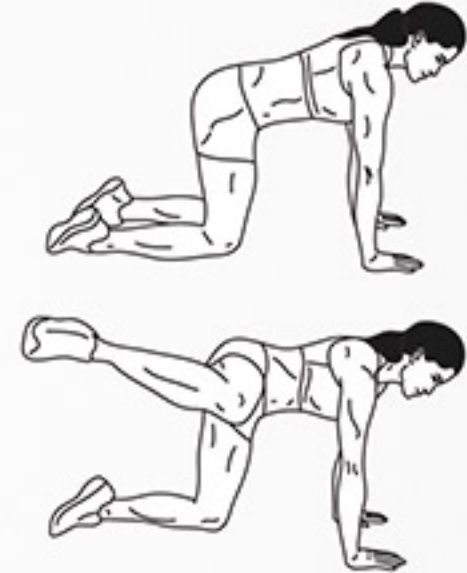
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**40** leg swings



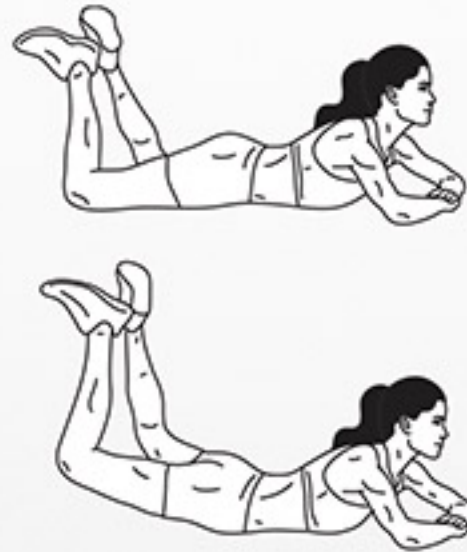
**40** leg extensions



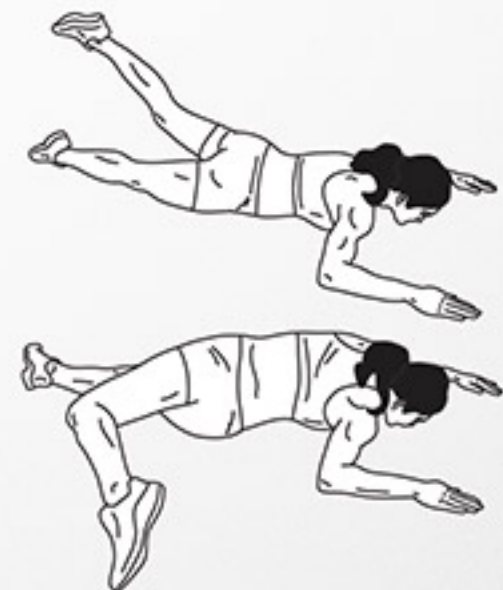
**40** side leg extensions



**4** downward upward dogs



**10** glute flex



**4** scorpion twists

# P.S.

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POST-WORKOUT  
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**40** leg extensions



**40** side leg extensions



**40** straight leg extensions



**40** knee in extensions



**40** extended swings



**40** alt arm / leg raises



**10** bridges



**10** half wipers



**10** knee hugs

# SLOTH

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

Note: go as slow as possible



6 downward upward dog



20 back kicks



20 side leg raises



6 butterfly dips



20 bridge taps

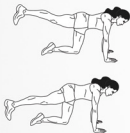


20 half wipers

# WORKOUT THAT HAPPENED

BY DAREBEE © [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 leg raises



5 upward downward dog



10 knee-in extensions



20 side leg raises



10 air bike crunches



10 crunches